

Coming to Your Family's Table this Fall 2009

The **NEW** WIC Food Package

● 1% Lowfat Milk ● Canned Salmon ● Whole Wheat Bread ● Eggs ● Whole Grain Tortillas ● Brown Rice ● Beans ● 100% Fruit Juice ● Barley ● Baby Meats

Corn Tortillas ● Vegetables ● Tofu ● Fruits ● Eggs

Why wait? Eat the new WIC foods today!

Get started on better health now

- Breastfeed your baby
- Switch to 1% lowfat milk for everyone over the age of 2
- Eat more fruits and vegetables
- Drink less juice and sweetened beverages
- Eat whole grain breads and cereals

The next generation of WIC foods is coming this Fall. Speak to your WIC nutrition staff for more information.

● Baby Fruits ● Cheese ● Peanut Butter ● Canned Tuna ● Cereal ● Baby Vegetables



WIC Nutrition Program • www.mass.gov/wic
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992
"This institution is an equal opportunity provider."

1-800-WIC-1007

